

## FOOD FOR HEALTH \*

"What we eat has a great deal to do with what we are. Many recent discussions of what we should eat have rightly emphasized the 'protective foods' which authorities on nutrition agree are essential, if health is to be maintained.

Milk and eggs, vegetables and fruits, bread and cereals, fats and sugar, meat and fish are, all of them, necessary kinds of food.

A wholesome, inexpensive, yet an adequate diet, can be provided if we understand and use a few fundamental principles in the selection of it. First, we must know how much of each kind of food is needed. This should be decided by the age and activity of the individual. Second, we must know which foods are most appetizing, yet inexpensive. For without this element of appeal to the palate any dietary is likely to be ineffective. Lastly, variety is the spice of life. This important element must never be overlooked. The problem is to get variety and still not overlook the essential elements for growth and development.

Public welfare officials are making every effort to provide adequate food for families under their care. Their problem is to keep the cost at the lowest possible amount consistent with the requirements of adequate food allowances.

Many parents in families *not* receiving public relief are likewise interested in this same problem.

At the request of the temporary Emergency Relief Administration of New York State, experts on nutrition have prepared and published standard food allowances for families of different sizes. These experts in the field of nutrition agree that it is important for the health of the family to provide the following amounts of food for each individual:

1. *Milk*.—One quart of milk should be allowed daily for each child under sixteen years of age, for each undernourished adult and for each nursing mother or pregnant woman. One pint of milk should be allowed for each other member of the family. This amount includes milk drunk and used in cooked foods. It may be fresh milk, preferably pasteurized, or unsweetened evaporated or dried milk, depending on local prices and conditions. (One tall can of unsweetened evaporated milk is equal in food value to one quart of pasteurized fresh milk.) Under any and all circumstances, at least one pint of milk a day should be provided for each individual in the family.

2. *Vegetables and Fruits*.—Vegetables and fruits are essential for health. A safe allowance provides at least six pounds of vegetables per person weekly. This allowance should include at least three pounds of potatoes and some cabbage, the remainder being chosen from vegetables and fruits listed in food orders. In addition, not less than one-half can of tomatoes and one-half to three-fourths of a pound of dried beans, peas, or dried fruit should be allowed per person, each week.

3. *Bread and Cereals*.—Four to five pounds of bread and cereals should be allowed per person each week, including some whole wheat bread and some whole grain cereal, such as oatmeal.

4. *Fats and Sugars*.—One-half to three-fourths of a pound of fat and not over three-fourths of a pound of sugar or its equivalent in other sweetening should be allowed for each person each week.

5. *Eggs and Meat*.—This allowance should include at least three eggs per week for each child under six years of age. When eggs are inexpensive, they should be provided liberally, but no child under six should have more than one egg daily.

The allowance should include at least one pound of inexpensive meat or fish and a small amount of cheese per person a week.

6. *Sundries*.—In addition, an allowance should be included for sundries. These should include seasonings, cocoa, tea and coffee.

\* From the New York State Department of Health.

7. *Cod-Liver Oil*.—Authorities on nutrition recommend cod-liver oil should be included in the diet of all children under two years of age and that it should be given to all young children who are not well nourished.

A practical trial of the standard food allowances recommended has determined that food, sufficient to provide attractive, as well as filling meals for two persons, cost at current retail prices, \$3.30 per week in New York State.

## TWENTY-FIVE YEARS AGO \*

### EXCERPTS FROM OUR STATE MEDICAL JOURNAL

Vol. VI, No. 4, April, 1908

From some editorial notes:

*A Good Program*.—The completed program of the coming meeting of the state society, which will be held at Coronado, April 21, 22, and 23, will be found on another page and is worth your careful consideration; it offers subjects of great and general interest presented by many men whose words will command the respectful attention of all. . . .

*Sanitation or Politics?*—If the first thought in the mind of everyone connected with the city administration, from the mayor down, is "politics," "how will this affect votes?"—what hope is there for a proper administration of the sanitary laws of the city and the ultimate eradication of plague? Can you see very much hope? . . .

*Program of the Thirty-Eighth Annual Meeting*.—Below is given the program of the thirty-eighth annual meeting of the Medical Society of the State of California. . . .

Tuesday, April 21, 1908

Morning Session—9:30

Address of welcome by the chairman of the Committee of Arrangements, Dr. F. R. Burnham, San Diego.

1. Dr. George H. Evans, San Francisco.  
"President's Address."
2. Dr. William B. Wherry, San Francisco.  
"The Pathology and Bacteriology of Plague."  
Demonstration of specimens.
3. Dr. Rupert Blue, United States Marine Hospital Service.  
"The Eradication of Plague."
4. Dr. F. M. Pottenger, Monrovia.  
"Fourth Annual Report from the Committee on Tuberculosis."
5. Dr. Dudley Tait, San Francisco.  
"First Annual Report from the Committee on Medical Education."
- 5a. Dr. Lincoln Cothran, San Jose.  
"Annual Report from the Board of Medical Examiners."

#### Symposium on Pure Food

6. Dr. Fitch C. E. Mattison, Pasadena.  
"First Annual Report from the Pure Food Commission."
7. Dr. Titian J. Coffey, Los Angeles.  
"The Tenement House Problem."
8. Dr. George H. Kress, Los Angeles.  
"The Pure Milk Question. (a) Inspected Dairies. (b) Certified Dairies."
9. Dr. Stanley P. Black, Pasadena.  
"Meats, Fruits, and Vegetables."
10. Dr. Luther M. Powers, Los Angeles.  
"Bakeries and Restaurants."
11. Dr. William Freeman Snow, Palo Alto.  
"Water Supplies."

\* This column strives to mirror the work and aims of colleagues who bore the brunt of society work some twenty-five years ago. It is hoped that such presentation will be of interest to both old and recent members.